



## HEALTH CHECK

### TOP 5 REASONS WHY YOUR CHILD NEEDS A YEARLY CHECK-UP:



- 5 Because your child is enrolled in an EqualityCare program and it's FREE!
- 4 Problems can be found early and treated before they get worse.
- 3 Many problems begin before your child looks or feels sick.
- 2 Annual check-ups are for ALL children and not just those involved in sports activities.
- 1 Find out if your child is healthy!

### WHAT TO DO IF FLU GETS YOU

Swine flu (novel H1N1) is a new influenza virus strain causing illness in much the same way as the seasonal flu viruses we see every year. Most people who get swine flu or seasonal flu recover after a few days; however, a few do get seriously ill.

#### What are the symptoms of swine flu?

- > Fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting.

#### What should I do if I think I have swine flu?

- > In general, people who develop influenza-like illness should stay home from work, school, or travel until at least 24 hours after they are free of fever to keep from getting other people sick.
- > If you have severe illness or are at high risk for flu complications, contact your healthcare provider or seek medical care.

#### When is urgent medical help needed?

##### In Children

- > Fast breathing or trouble breathing
- > Bluish skin color
- > Not drinking enough fluids
- > Not waking up or not interacting
- > Being so irritable that the child does not want to be held
- > Flu-like symptoms improve but then return with fever and worse cough
- > Fever with a rash

##### In adults:

- > Difficulty breathing or shortness of breath
- > Pain or pressure in the chest or abdomen
- > Sudden dizziness
- > Confusion
- > Severe or persistent vomiting

More information is available online at  
[www.health.wyo.gov](http://www.health.wyo.gov)

Ask a medical professional if you have concerns or questions.

### WHAT IS INCLUDED IN A WELL CHILD HEALTH CHECK?

- ⇒ A head to toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
  - \* Reminder: Clients under the age of 21 are allowed 1 pair of glasses per 365 days. No additional pairs will be covered without medical necessity. EqualityCare is not responsible for replacement glasses due to neglect or abuse.
- ⇒ Health information (potty training, biting, fighting, walking, talking)

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#### Special points of interest:

- Well Child Check-Ups
- Emotional Health During Pregnancy
- Behavioral Health Assessment
- Parent/Teen Relationships
- Client Web Portal

## EMOTIONAL HEALTH DURING PREGNANCY: IT'S IMPORTANT TOO!



Mothers-to-be and new mothers can experience many emotions during and after their pregnancy. One day, you might be happy and ready to welcome a baby into your life. The next day you might be worried about caring for your child.

While these emotions are very normal and as common to pregnant women as strange food cravings, you should be aware of problems that can occur if your fears continue for too long.

**If you seem unusually sad, have unusual fears or anxieties, have problems making decisions or sleeping for two weeks or more, talk to your doctor or healthcare provider.** Your doctor or healthcare provider should ask you these questions: Did things change after you became pregnant? Are things different than you expected as a new mother? Are you tired, anxious, sad and confused?

**You can also call a *Healthy Together!* Nurse Health Coach 24 hours a day, toll-free at 1-800-545-1710 to discuss your concerns.**

The main thing to remember is that you are not alone and that help is available. Your job is to tell those around you, as well as your provider, about these feelings; they can help you decide whether you will need special treatment during pregnancy. In addition to caring for yourself, you need to know that depression can also harm your unborn baby or your newborn as well as those in your family. Take care of your mental and physical health.

## HEALTH CHECK AND THE BEHAVIORAL HEALTH ASSESSMENT

An important part of your child's EPSDT physical examination and preventive services includes developmental and behavioral health assessments. Your healthcare provider (doctor or nurse) is your partner in keeping your child healthy. Your provider knows about your child's healthcare, growth, and development, but you have the day-to-day experience that makes you an expert on your child; you know your child better than anyone else. Children between the ages of five and ten will go through many changes. Some changes to watch for are:

### Physical Changes:

- ◆ Steady growth in size, strength, and coordination.
- ◆ Breast development and menstruation around age 10 in some girls.

### Mental Changes:

- ◆ Rapid development of mental skills.
- ◆ Greater ability to describe experiences and to talk about thoughts and feelings.
- ◆ Change in thinking ability from being self-centered to being able to think about others. Children also become able to understand cause and effect.

### Emotional/Social Changes:

- ◆ A growing independence from parents and family.
- ◆ A strong sense of right and wrong.
- ◆ A beginning awareness of the future.
- ◆ A growing understanding about one's place in the larger world.
- ◆ A greater emphasis on friendships and teamwork.
- ◆ A growing desire to be liked and accepted by friends.

Discuss with your healthcare provider any concerns you may have over any changes your child may be going through. Some mental/emotional/social subjects to discuss with your healthcare provider are: how your child expresses his or her anger and resolves conflicts; signs of low self-esteem or depression; and how your child is doing in school.

When your child reaches adolescence (the teen years), it is important that your child becomes more involved in his or her healthcare. Social development is your adolescent's growth in confidence, independence, and positive feelings. It is also the way he or she interacts with others. Issues to watch for include:

- Does your child feel good about himself or herself: Show affection. Praise your child's efforts and achievements. Teach your child how to deal with stress.
- Encourage good feelings within the family: Spend time together doing things you enjoy. Be flexible in making and enforcing rules, and share responsibility for the family by giving your child household chores.
- Does your child feel good about others: Show him or her how to get along and work well with others. Spend time together volunteering and talk with him or her about how to choose friends and have good relationships.

Things to discuss with your healthcare provider include: concerns your adolescent may have in making or keeping friends; ways to help your child cope with his or her anger and resolve conflicts without violence; and signs that he or she is feeling sad or nervous, or that "things are just not going right."

## HEALTH INFORMATION DISCUSSED DURING A TEEN CHECK-UP



Be sure to discuss any issues of concern with your doctor during your yearly check-up.

### General Areas:

- Relationships with Parents
- Physical activity
- Limiting TV & video games
- Injury & Violence prevention
- Sleep & nutrition needs
- School issues
- Sexuality: (Answer any questions your teen has)

### High Risk Behaviors:

- Drug & alcohol issues
- Cigarettes & smokeless tobacco
- Dealing with peer pressure
- Driving safety

### Mental Health:

- Dealing with stress
- Identifying signs of depression
- How to feel good about themselves

## PARENT/TEEN RELATIONSHIPS ARE VITAL TO TEEN WELL-BEING

The teenage years are a time of transition from childhood into adulthood. Teens often struggle with being dependent on their parents while having a strong desire to be independent. They may also feel overwhelmed by the emotional and physical changes they are going through. At the same time, teens may be facing a number of pressures—from friends to fit in and from parents and other adults to do well in school or activities like sports or part-time jobs. The teenage years are important as your child asserts his or her individuality.

Establishing a loving relationship from the start will help you and your child through the teenage years. The following are some ways for parents to prepare for their child's teenage years:

**Relationships:** Teens who have warm, involved, and satisfying relationships with their parents are more likely to do well in school, be academically motivated, have better social skills, and have lower rates of risky sexual behavior than their peers.

**Monitoring/Awareness:** Parents who know about their children's activities, friends, and behaviors, and monitor them in age-appropriate ways, have teens with lower rates of risky physical and sexual behaviors, as well as lower rates of drug, alcohol, and tobacco use than their peers.

**Modeling:** Teens whose parents demonstrate positive behaviors are more likely to engage in those behaviors themselves.

**Approach to Parenting:** Research shows that teens whose parents are supportive and caring, but who also consistently monitor and enforce family rules, are more likely to be motivated and successful in school, as well as mentally and physically healthy. In contrast, teens whose parents are overly strict and do not give them any independence are more likely to engage in risky behaviors.



## CLIENT WEB PORTAL (<http://wyequalitycare.acs-inc.com>)

The client secured Web portal is available and offers you the following opportunities 24 hours a day and 7 days a week:

- Check your EqualityCare eligibility.
- Ask EqualityCare questions regarding your benefits or covered services, etc.
- You may request a replacement EqualityCare client ID card.
- Make transportation requests when covered by your benefit plan. Certain requests will need to continue to be made through the ACS Transportation Call Center.

**NOTE:** The above requests must be made in the Client Secured Web Portal. To gain access to the secured area you must first register. On the EqualityCare Home page under "Client" there are on-line instructions on how to complete the registration process. From the Client Home page go to "*First time to the client secured portal?*" and click on "Client Web Registration" to complete the registration process. To register you will need either the EqualityCare client ID number or SSN (Social Security Number), date of birth and first and last name.

You do not need to register to access general information:

- Find a Wyoming EqualityCare doctor, dentist, hospital or clinic in your area or in a specific town, city or state.
- Contact information
- EqualityCare Handbook
- This newsletter and other client materials
- Frequently Asked Questions

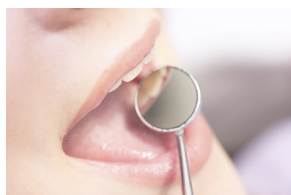


## WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?



Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they know your child's history. Find a place in

your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.



## MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

## WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

### Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

### Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

### Young children need checkups at:

- ✓ 3 years      ✓ 5 years
- ✓ 4 years      ✓ 6 years



### Older children and Teenagers need:

- ✓ A checkup every year

## WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



### For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

*\* KidCare CHIP is not an EqualityCare Program*



Visit our website at  
<http://wdh.state.wy.us/healthcarefin/index.html>



Wyoming  
Department of Health  
Office of Healthcare Financing

Our mission is to promote,  
protect and enhance the health  
of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

#### Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

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YOUR HEALTH CHECK NEWSLETTER



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